



What does it mean to be gluten-free?

There's a lot of discussion about being "gluten-free" these days. And there's also a lot of confusion about what that means. It's really very simple: **Eating gluten-free means eliminating wheat, barley, rye, kamut, spelt and triticale from your diet.** (Oats are okay if you make sure they're gluten-free.) There are no other significant restrictions when you are eating gluten-free. **It is important to know that wheat/gluten is used as an extender in many processed foods. Check labels to be sure that there is no gluten hiding in what you're eating.**

People who eliminate gluten may still eat many varieties of rice, quinoa, millet, teff, oats, corn, tapioca and sorghum, as well as protein, dairy and fish.

Any of these diets could be gluten-free. Feel free to call my office if you have questions.

Standard American Diet	Vegetarian Diet	Vegan Diet	Raw Vegan Diet	Gluten-Free Diet
Raw food	Raw food	Raw food	Raw food	Raw food
Cooked food	Cooked food	Cooked food	None	Cooked food
Meat, Poultry, Fish	None	None	None	Meat/Poultry/Fish
Dairy (milk/cheese)	Dairy (milk/cheese)	None	None	Dairy
Eggs	Eggs	None	None	Eggs
Bread/Crackers	Bread/Crackers	Bread/Crackers	Bread/Crackers	Bread/Crackers * Gluten-free only
Cereal	Cereal	Cereal	Cereal	Cereal* Gluten-free only
Potatoes	Potatoes	Potatoes	Potatoes	Potatoes
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Fruit	Fruit	Fruits	Fruits	Fruit
Nuts/Oils	Nuts/Oils	Nuts/Oils	Nuts/Oils	Nuts/Oils
Sauces	Sauces (non-animal based)	Sauces (non-animal based)	Sauces (non-animal based)	Sauces * Gluten-free only